

### Sandy City Receives Healthy Community Award

On September 20, City Council Chair Linda Martinez Saville and Patrick Casaday, Chairman of the Healthy Sandy Committee, were invited to accept the Platinum Legacy Award for Sandy City. This is the highest honor ever given in the Healthy Community Awards program. The Healthy Community Awards Program, sponsored by the Utah Department of Health, is a program that recognizes the achievements of cities for the implementation of health-related policies and programs. Sandy City, Alta View Hospital, and other community sponsors, partnered to create Healthy Sandy to implement and encourage healthy practices among Sandy residents. Projects sponsored by the Healthy Sandy Committee include offering flu shots, organizing 10k races, providing immunizations, distributing smoke/carbon monoxide detectors free of charge, providing dental screenings for school children, and promoting the family meal time program. 🏡



*City Council Chair Linda Martinez Saville (middle left) and Healthy Sandy Chairman, Patrick Casaday (middle, right) receive the Platinum Legacy Award*



## 22nd Annual Snowball Softball Tournament

Sandy City is hosting the 22<sup>nd</sup> annual Snowball Softball Tournament. Register early as space is limited. Rain, snow, sleet or sunshine, we play in any weather.

**Dates:** Friday, January 26 & Saturday, January 27, 2007

**Cost:** \$200 per team

**Registration Deadline:** January 18, 2007

**Classification:** Men's Open

### Recreation Programs

Upcoming Sport/Program	Registration Begins	Registration Ends
Recreation Soccer	January 2, 2007	February 15, 2007
Recreation Baseball	January 2, 2007	March 1, 2007
T-Ball/Coach Pitch	January 2, 2007	March 1, 2007
Girls Fastpitch Softball	January 2, 2007	March 1, 2007
Adult Softball (Returning Teams)	January 2, 2007	March 1, 2007
Adult Softball (New Teams)	March 7, 2007	Until leagues are full

### Registration Information:

Sandy Parks & Recreation – 440 East 8680 South; Monday – Friday 8 a.m. to 6 p.m.;  
Call (801) 568-2900 for information

Online Registration: [www.sandy.utah.gov](http://www.sandy.utah.gov) (available for most sports & programs)

Email: [parksandrec@sandy.utah.gov](mailto:parksandrec@sandy.utah.gov)

### River Oaks Golf Course

River Oaks is offering great discounts on pro shop merchandise. The course and driving range are open throughout the winter as weather permits. The driving range even has heated bays for taking golf lessons during the off season. Also, gift certificates are available for merchandise or rounds of golf.

### Alta Canyon Sports Center

Shape Up (Don't Ship Out!)

This new class at Alta Canyon Sports Center offers a gentle approach to fitness. The class covers light cardio exercises, strength training, balance training, and stretching. Mondays & Wednesdays 11:15 a.m. – 12:15 p.m.

### Tumbling

Three different tumbling classes are offered. The beginning class teaches basic tumbling skills while the intermediate class covers advanced floor skills, walk overs, aerials, and handsprings. The advanced class covers aerials, tumbling passes, tucks, and advanced floor skills.

7 & under Mondays & Wednesdays 5 p.m. – 5:45 p.m.

8 & older Mondays & Wednesdays 4 p.m. – 5 p.m.

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